



Broken Arrow Senior Center

1800 South Main St.
Broken Arrow, OK 74012
918-259-8377

sean@baseniors.org
www.baseniors.org
f @BrokenArrowSeniors

Hours

Monday-Thursday
8 a.m. to 4:30 p.m.

Friday
Center Closed

Annual Membership
Broken Arrow residents • \$30
Non-residents • \$40

Discover, MasterCard, VISA
and American Express
are accepted for payment.

President/CEO
Sean Simpson

Member Services
Coordinator
Ami Bucher

Membership Assistant
Marion Hampton

Facilities
Donald Stockton

We Need Your Support Now More Than Ever

By Sean Simpson
BAS President/CEO

I was recently asked this question: “How can we ask our members to renew their membership when the COVID-19 outbreak has affected our programming?”

My answer: “How can we not ask?”

In this time of great national difficulty, the BAS staff and board of directors understand what you and every member is dealing with at this time. Individually, our staff is going through the same challenges. We recognize that in addition to the stress of the situation, not having your activities, programs, workouts and connection to your BAS community is something you have missed.

Along with the personal toll the virus has taken on individuals and families, the pandemic’s impact has shaken nearly all sectors of American economic life, and member-based organizations like BAS are no exception.

When we were fully open, we were here for you. And now that the COVID-19 pandemic has altered our lives, we need your support more than ever. BAS is a nonprofit organization, one that is reliant on multiple funding sources to operate. One of those sources is member dues. Money collected by BAS isn’t retained in a reserve fund

but is forwarded elsewhere to pay for printing, waste management, supplies, program expenses and insurance, among other fixed essential expenses.

We operate on a zero-based budget. Our expenses will continue through the COVID-19 pandemic and for years after. The pandemic has even required BAS to buy more supplies, such as

masks and hand sanitizer, and conduct extra cleanings of common areas.

My confidence in the value of BAS membership is unwavering. We hope your support for BAS is steadfast, too. Here are some of the benefits of membership:

✓ BAS provides substantial value for only \$30/40 a year.

✓ My team has been relentless in researching and providing timely, relevant information to help members survive and move forward.

✓ We produce the Silver Notes newsletter each month.

✓ We offer classes in person at the Center.

✓ We provide daily meals for more than 100 people.

✓ We offer programs virtually that you can participate in from the safety of your home when it is convenient for you.

✓ We’re exploring ways to offer additional programs in a safe and healthy manner.

“We were here for you in March. We need you to be here for BAS in October and every month after.”

**SAFER
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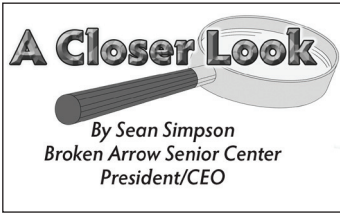
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BA Seniors Is A Community – Not A Building



Last month, I gave a teaser that my new DIY project at home was building tiny picnic tables for squirrels. Yes, you read that right. Squirrel picnic tables.

We have a very friendly squirrel that lives in our oak tree; my spouse has named him Kevin. He prefers his endless buffet of Amazon-purchased treats. Despite plenty of acorns, Susan feeds Kevin a special squirrel mix she buys online. She's found that he prefers peanuts – in the shell and salt-free. He doesn't like corn, but he loves coconut clusters.

I don't know if he likes Oreo cookies or Cheetos, and I'm not going to share.

Kevin is more than just a rodent with a good publicist. He's become a part of the Simpson community along with our pets and the soon-to-be-migrating hummingbirds. Kevin positively contributes to Susan's social and emotional health.

Susan asked me what my October column would be about. I told her that Kevin is a metaphor for community. She wasn't convinced, so here I go.

"The whole is greater than the sum of its parts."

First coined by the philosopher Aristotle, this phrase aptly defines the modern concept of cooperation, collaboration or teamwork. Prior to 2019, the Broken Arrow Senior Center was a fairly flat organization – meaning we managed people and programs – with a level budget and a slowly increasing member base. During the past two years, we squeezed additional programming into an already tight schedule of activities. We had 40 people who wanted to take a class in a room that could only hold 20. We added dining capacity to feed 48 people. And some fitness classes had to spread into the kitchen/dining room, although not during lunchtime.

The barriers to growth were all building-related. We just didn't have enough room.

Our mission stated that BASC "provides a safe place for older adults to be physically active and socially en-

gaged." That's very specific. It also refers to BASC as a "place." After all, part of our name is "Center."

Since March 2020, my team has looked at BA Seniors differently, as an organization that fosters a sense of "community." We've heard that from members, volunteers, corporate partners, funders and civic leaders.

We are no longer just a structure with walls and a roof. We are much more than that. BAS is more than the sum of its parts – members, programs, information, education and such. That was evident as we started reopening the Center in July. Members didn't miss the building at 1800 S. Main St. They missed the community that is BAS. Your body missed fitness classes. Your mind missed the information and education presentations. Emotionally, you missed being around other humans with something in common – a (socially distanced) 55+ sense of togetherness.

The BAS mission has changed. Now it reads:

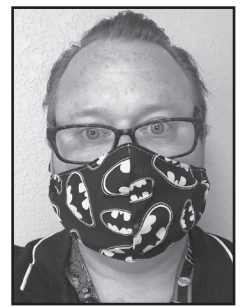
"We are the model in the region for promoting healthy social, emotional and physical engagements for adults 55 and older through programmed activities and social opportunities."

That's a clear definition of community.

We are a model. Other senior centers in the state have come to learn about our organization. Yes, we are breaking ground soon on an additional building – Senior Center East. We are expanding our "community," not just adding an additional 12,000 square feet.

We promote healthy social, emotional and physical engagements. The "healthy" part is tricky during a pandemic. That's why we don't offer every activity – pool, dominoes and cards are still off the table – but we're working at adding more, such as crochet, guitar and the fitness center. What members have told us the past seven months is that they miss and crave the social opportunities

the BAS community has in abundance. It takes a team to deliver on our mission promise. I've had the privilege of being the BAS director for two



"We are the model in the region for promoting healthy social, emotional and physical engagements for adults 55 and older through programmed activities and social opportunities."

Continued on page 7

Medicare Is A Major Milestone

Open Enrollment Is Oct. 15 Through Dec. 7

Becoming eligible for the Medicare program is a major milestone in your life. The Medicare open enrollment period is upon us, and the pandemic is making evaluating your existing plan or initially signing up for a Medicare plan a challenge. What further complicates things is that these are conversations typically held face-to-face, which makes social distancing difficult. Some professionals are still meeting in person, while others prefer – or are required to have – virtual meetings using technology such as Zoom.

Here's some basic information to assist you in starting your annual conversation:

Q. When should I join a Medicare advantage plan or Medicare prescription drug plan?

A. The best time to join a Medicare health or drug plan is when you first get Medicare. Signing up when you're first eligible can help you avoid paying a lifetime Part D late enrollment penalty. If you miss your first chance, generally you have to wait until fall for Medicare's annual open enrollment period, Oct. 15 to Dec. 7, to join

a plan. During this time each year, you can also drop or switch your plan coverage.

Q. What is considered to be creditable prescription drug coverage?

A. It's drug coverage that's expected to pay, on average, at least as much as Medicare's standard prescription drug coverage. It could be drug coverage you get from a current or former employer or union, or from TRICARE, the Indian Health Service or the Department of Veterans Affairs. If you don't have creditable coverage, you may want to join a Medicare drug plan now to avoid the Part D late enrollment penalty, even if you don't use a lot of prescription drugs. People who maintain creditable prescription drug coverage or who get extra help to pay for their prescriptions don't have to pay this penalty.

Q. Is my plan right for me?

A. You should utilize the Medicare Plan Finder to compare coverage options and shop for *Continued on page 6*

Here's How To Get The Most Out Of The Medicare Program

Remember these times to get the most out of Medicare and avoid late enrollment penalties:

Initial Medicare enrollment period

Most people get Medicare Part A – hospital insurance – and Part B – medical insurance – during this period. It starts three months before you turn 65 and ends three months after you turn 65. If you're not already collecting Social Security benefits before your initial enrollment period starts, you'll need to sign up for Medicare online or contact Social Security. To get the most from your Medicare and avoid the Part B late enrollment penalty, complete your Medicare enrollment application during your initial enrollment period. This lifetime penalty gets added to your monthly Part B premium,

and, the longer you wait to sign up, the more expensive it gets. Find out if you should get Part B based on your specific situation.

General Medicare enrollment period

If you miss your initial enrollment period, you can sign up during Medicare's general enrollment period, Jan. 1 through March 31. Your coverage will start July 1.

Special enrollment period

Once your initial enrollment period ends, you may have the chance to sign up for Medicare during a special enrollment period. You can sign up for Part A or Part B during a special enrollment period if you have special circumstances.

Source: Courtesy of the Centers for Medicare and Medicaid Services and WebMD.

✓ Whether in the past or today, Broken Arrow Seniors staff and board remain laser-focused on meeting the needs of and advocating for older adults and our community as a whole.

✓ We are still proceeding with an additional building – pandemic or not – that will significantly add to your overall membership experience.

We are not offering pool, dominoes, cards, paper crafting or ukulele. And we have members who decided to no



longer support BASC for that reason. For those individuals, I think their view of BASC was of a building that housed

their activity – not a community of older adults.

We are operating this respected organization and moving it forward every day. We didn't stop when COVID hit. And we haven't stopped delivering on our mission promise.

We didn't take a time out, and you shouldn't either. Your dues don't support a building or a structure. Your financial contribution, or lack thereof, impacts the community that is made up of more than 2,000 adults over the age of 55.

We were here for you in March. We need you to be here for BAS in October and every month after. Here's what some of our members had to say about why they support BASC.

Betty Eubanks was quick to point out the reason why she

continues her membership and attends exercise classes: "I want to keep on living! If I want to keep on living, I've got to keep moving, and the Senior Center helps me do just that. Where else can seniors go to feel safe and be comfortable?" Betty added when asked why her ongoing support of the Center was important: "I want to be with people my own age when I exercise, and the Center is the only place that offers senior-specific exercise. I want the Center to continue to be there in the future for me and other seniors. The only way that can happen is with my support."

Cecil Jones said: "When we were at the Center every day, we used to talk among ourselves about how lucky we were to have the facility, and we still look forward to when the pool room doors are open. I see the stats in the news just like everyone else, and I know it's not a safe time for seniors to gather in the pool room. But we look forward to getting back, and I will continue to support the organization – even though pool isn't offered right now – so when it's safe, we can return."

Patricia Finner said: "I appreciate what the Center is doing right now to keep members of the Center safe. By offering safe activities and following guidelines, the Center is looking out for people's well-being. I think it is irresponsible for people to not pay their dues and support the organization because the Center is only offering limited services. The Center's expenses have continued during this time as well. The annual dues are less expensive than one round of golf or one nice lunch. The Center is truly a bargain for the best services. The social environment and comfortable setting that the Center provides is wonderful. I can be with people that have similar interests and are the same age and background. The Center offerings are unmatched in this area. I want the organization to continue its mission, and the only way that can happen is with our continued financial support."





Call to arrange a meeting on ZOOM

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A Major Milestone *Continued From Page 4*

plans. You may be able to find plans that cost less, cover your drugs, let you go to the doctors and pharmacies you want and offer extra benefits like vision, hearing, dental, prescription drugs or extended coverage when you travel. You can also get an estimate of your out-of-pocket costs and quality and customer service ratings from current plan members.

Q. How do I compare the quality of Medicare health and drug plans?

A. The Medicare Plan Finder at www.Medicare.gov features a rating system for Medicare health and drug plans.

2021 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know



OCT. 15, 2020

ANNUAL ENROLLMENT PERIOD BEGINS

This is the first day you can enroll for 2021 health coverage.



DEC. 7, 2020

ANNUAL ENROLLMENT PERIOD ENDS

This is the last day you can enroll for 2021 health coverage.



JAN. 1, 2021

FIRST DATE COVERAGE CAN START

Even if you enroll in December 2020, your new Medicare plan won't go into effect until Jan. 1, 2021.

Need A Trusted Advisor?

Last year, we hosted a weekly Medicare Fair where you could obtain answers to your pressing questions. Brokers and agents we trust were allowed to participate. We cannot do that during COVID times. What we can do is provide you with a list of recommended professionals who support the Center and who we trust to be your advisor.

Chris Crawford • Humana • 918-740-3719

Donna Grady • Medicare specialist • 918-691-6979

Cindy Sansone • ABC Medicare Help • 918-906-3535

Bob Archer • Medicare Prepare • 918-814-5550

Becky Carter • Life's Solutions • 918-724-4022

ABC Medicare.Help



Cindy Sansone

Licensed Agent
5800 E Skelly Dr Ste 560
Tulsa, OK 74135
(918) 906-3535

cindy.ssansone@farmersagency.com

Medicare Open Enrollment is Oct 15 thru Dec 7

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Not A Building Continued From Page 3

years; some days it feels like two lifetimes. I know that success rarely happens by itself in the absence of focused team-building efforts and activities. This is why every team needs a focused leader who is able to deal with every aspect of teamwork issues before they become problems or obstacles.



As the BAS leader, I love the new mission statement. It fills me – and Aristotle, too – with a sense of pride and accomplishment. The BAS board of directors helped shape the new mission statement, the verbiage of which I've shared many times since I took the helm two years ago: social, emotional and physical health. I knew that BAS was more than a building – my parents told me so for many years.

BAS is not a building. Our sense of togetherness is bigger than that.

BAS is greater than the sum of its parts.

BAS is a community. We are because of you.

Pick up a FREE sample of mask freshening spray!

Friday, October 9
2 pm - 4:30 pm

IBC Bank South
6412 South Elm Place

Tuesday, October 13
10 am - 11 am

Rise, Grind & Ride Espresso Café
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Virtual Content From The Senior Learning Network

“GOLD!”: A Virtual Tour from Columbia State Historic Park Thursday, Oct. 22 - 1 p.m.

During this virtual tour of the Columbia State Historic Park in Columbia, California, you will see the largest collection of gold rush era buildings in the country. The brick buildings that date back to the late 1850s to 1870s help tell the story of the diverse merchants and miners who helped create this once booming town. This tour takes you inside buildings and exhibits for a look at this bygone era that changed the lives of many and catapulted California to statehood.

Email ami@baseniors.org for Zoom connection details and to register for this session.



lection of gold rush era buildings in the country. The brick buildings that date back to the late 1850s to 1870s help tell the story of the diverse merchants and miners who helped create this once booming town. This tour takes you inside buildings and exhibits for a look at this bygone era that changed the

Eleanor Roosevelt: Partner in the White House Wednesday, Oct. 21 - 1 p.m. - Part 1

Presented by the Franklin D. Roosevelt Presidential Library & Museum in Hyde Park, New York, this virtual session takes an in-depth view of the life of Eleanor Roosevelt,

the woman, and wife of Franklin Delano Roosevelt. Discover what life was like during the White House years of our 32nd president and the impact Eleanor had on his presidency and on the history of our country.

Email ami@baseniors.org for Zoom connection details and to register for this session.

Eleanor Roosevelt: Casting Her Own Shadow in the Post White House Years Thursday, Oct. 29 - 1 p.m. - Part 2

After serving beside her husband, Franklin D. Roosevelt, during his presidency, Eleanor Roosevelt was a diplomat and activist and later became a United Nations spokeswoman. Presented by the Franklin D. Roosevelt Presidential Library & Museum in Hyde Park, New York, this virtual session will provide an in-depth view of Eleanor's life following the death of her beloved husband.

Email ami@baseniors.org for Zoom connection details and to register for this session.



Voting Options For The Upcoming November Election

Oklahoma is providing options for residents to exercise their right to vote in the upcoming November election amid the COVID-19 pandemic.

Voters can cast their ballot on Election Day, Tuesday, Nov. 3, at their normal polling location from 7 a.m. to 7 p.m. Voters living in Tulsa County will also have the opportunity to visit the polls early to avoid crowds at their polling location on Election Day. If you live in Tulsa County, early voting will be available at Tulsa Drillers Stadium, ONEOK Field, located at 201 N. Elgin Ave. Early voting will be available on Thursday, Oct. 29 from 8 a.m. to 6 p.m.; Friday, Oct. 30, from 8 a.m. to 6 p.m.; and Saturday, Oct. 31, from 9

a.m. to 2 p.m.

Due to the state of emergency that has been extended by Gov. Kevin Stitt, new absentee voting options will be valid for the Nov. 3 election. To vote in the upcoming Nov. 3 election, here is what you will need to know about absentee voting: Requests for an absentee ballot must be received by Tuesday, Oct. 27 at 5 p.m. Complete an application to request an absentee ballot using the online voter portal at <https://okvoterportal.okelections.us/>, or you can download a printable application and mail it to the Tulsa County Election Board.

Once you receive and fill out your ballot, have your affidavit envelope notarized, or attach a copy of your

valid ID to the envelope. Information regarding accepted forms of ID is located on the Oklahoma Election Board website. Return your ballot by first class mail, delivery service or hand deliver to your County Election Board. Ballots must be received no later than 7 p.m. on Nov. 3. Absentee applications are valid for up to one calendar year.

Visit the Oklahoma State Election Board or the Tulsa County Election Board online for more information. The Tulsa County Election Board can also be contacted by email at electionboard@tulsacounty.org or by phone at 918-596-5780.

You must be registered to vote by Friday, Oct. 9, 2020, to vote in the Nov. 3 election.



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Calendar of Events

Thursday, October 1

8 - 9 a.m. Self-Defense and 24 Form Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Power Yoga
Sponsored by Harmon Insurance
 11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, October 2 (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
 Meeting on Zoom - Please contact Jean Righter at
 nanabanato7@gmail.com for more information
 regarding joining this group.
 10 - 11 a.m. Creative Writing
 Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com
 for more information regarding joining this group.

Monday, October 5

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
 10 - 11 a.m. Circle of Readers
 Meeting on Zoom - Please contact Dorothy Minor at DorothyMinor10@
 gmail.com for more information regarding joining this group.
 11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 3 p.m. Line Dance for Fitness

Tuesday, October 6

8 - 9 a.m. Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance
 11:10 a.m. - 12:10 p.m. Advanced Line Dance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, October 7

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
 11 a.m. - Noon Nutrition Program frozen meal pickup
 11 - 11:45 a.m. Chair Yoga
 12:15 - 3 p.m. Bags to Mats

Thursday, October 8

8 - 9 a.m. Self-Defense and 24 Form Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Power Yoga
Sponsored by Harmon Insurance

Members play poker online each day with virtual money. Contact Meichelle Culhane at meichellec@yahoo.com to join the group.

11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, October 9 (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
 Meeting on Zoom - Please contact Jean Righter at
 nanabanato7@gmail.com for more information
 regarding joining this group.
 10 - 11 a.m. Creative Writing
 Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com
 for more information regarding joining this group.

Monday, October 12 (Columbus Day - Center is closed)

Tuesday, October 13

8 - 9 a.m. Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance
 11:10 a.m. - 12:10 p.m. Advanced Line Dance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, October 14

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
 11 a.m. - Noon Nutrition Program frozen meal pickup
 11 - 11:45 a.m. Chair Yoga
 12:15 - 3 p.m. Bags to Mats

Thursday, October 15

8 - 9 a.m. Self-Defense and 24 Form Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Power Yoga
Sponsored by Harmon Insurance
 11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

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Member SIPC

Calendar of Events

Friday, October 16 (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Monday, October 19

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear

10 - 11 a.m. Circle of Readers
Meeting on Zoom - Please contact Dorothy Minor at DorothyMinor10@gmail.com for more information regarding joining this group.

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 3 p.m. Line Dance for Fitness

Tuesday, October 20

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, October 21

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear

11 a.m. - Noon Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
12:15 - 3 p.m. Bags to Mats

Thursday, October 22

8 - 9 a.m. Self-Defense and 24 Form Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Power Yoga
Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance

Friday, October 23 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Monday, October 26

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 3 p.m. Line Dance for Fitness

Tuesday, October 27

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, October 28

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear

11 a.m. - Noon Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
12:15 - 3 p.m. Bags to Mats

Thursday, October 29

8 - 9 a.m. Self-Defense and 24 Form Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Power Yoga
Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance

Friday, October 30 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Members play poker online each day with virtual money. Contact Meichelle Culhane at meichellec@yahoo.com to join the group.

Legal Tools For Peace Of Mind In An Emergency



By Brittany Littleton

For many, the term “estate planning” means planning for your stuff after you die. While that is important, it is also essential to plan for uncertainty during your lifetime. Even before the coronavirus, we were all at risk of injury, illness and aging.

As an estate planning attorney, I tell my clients to expect the best but prepare for the worst.

What happens if you can't act on your own behalf? Without any preparation, a judge may become your decision-maker in a guardianship proceeding. However, this can be avoided with some basic legal planning. You can choose who has the authority to speak for you and how your affairs will be handled by executing emergency decision documents. These powerful legal tools include:

✓ **Financial power of attorney:** Choose a capable agent to manage your day-to-day personal affairs such as bills, taxes, financial planning and government benefits. Seniors should make sure this document includes specific provisions related to navigating long-term care and Medicaid. You can decide when your power of attorney becomes effective – either immediately, for convenience, or only upon incapacity in an emergency.

✓ **Health care power of attorney:** Name a trusted person to make medical treatment decisions when you can't make them for yourself. This tool saves precious decision-making time. It also makes sure that the individual you choose – and only that person – has the power to make important health care decisions for you. Without this essential

document, your family may be forced into guardianship court before a third party can accept their directions. If your loved ones disagree, litigation can get messy.

✓ **HIPAA authorization:** This document allows the release of your medical and insurance records to appointed individuals. You typically name your health care agent and your financial power of attorney agent – they can be different people – your successor trustee (if applicable) and sometimes even your attorney.

✓ **Advance health care directive:** Also known as a living will, this document communicates to your health care agent and doctors what kind of medical care you want to receive at the end of your life. It is important that your wishes regarding life-sustaining treatment are respected, and it is also a gift to your loved ones to document your choices so they don't have the emotional burden of guessing what you'd want during a very difficult time.

Well-drafted emergency decision documents are an easy way to maintain control, avoid family conflict, minimize the need for courts to get involved in your personal affairs and have peace of mind that your wishes will be honored if you can't speak for yourself.

Answering Your Questions

Brittany Littleton owns and operates Littleton Legal. Her practice focuses on business law, estate planning, elder law, trust administration and probate. She is a firm believer that clients are best served when their legal, financial and accounting advisors are working collaboratively to strategize and advocate on their behalf.

Littleton Legal is a Signature Partner with BA Seniors. She will have a column each month covering issues such as how to avoid probate court, mistakes to avoid in leaving an inheritance or emergency decision documents every senior needs.

If you have a question that you would like answered or a topic you like to see covered, send your thoughts to Sean Simpson at sean@baseniors.org.

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Care First Will Offer Flu Shots At Center

The flu vaccination remains the single best method for the prevention and control of influenza. Fortunately, getting protection from the flu this year just got easier for members of the Broken Arrow Senior Center. The Center has taken steps to help protect you from this deadly virus, and that protection is just a short drive away if you act today.

A drive-thru flu shot clinic will be held at the Center, provided by Care First Pharmacy on Tuesday, Oct. 6, and Tuesday, Oct. 13, from 11 a.m. to 1 p.m. Appointments, available in 15-minute time slots, are required.

Flu shots are covered by Medicare. Bring your insurance or Medicare card in addition to your Medicare Part B card, which covers preventive services such as flu shots. Each person receiving a shot will also be asked to sign a vaccine administration form. The cost of a flu shot is \$25 for those not covered under Medicare or another insurance plan.

Should I get vaccinated against the flu?

Deciding to get a flu shot, especially this year, is probably one of the most important decisions you can make. The annual flu vaccination is recommended for everyone 6 months of age and older because it is an effective way to decrease flu illnesses, hospitalizations and deaths. Vaccination of people at high risk, especially those 65 and older, is especially important. Studies conducted by the Centers for Disease Control and Prevention (CDC) estimate that people 65 years and older account for 70% to 85% of flu-related deaths and 50% to 70% of flu-related hospitalizations during each flu season. Many people at higher risk from the flu also seem to be at higher risk from COVID-19. That's why it's especially important to get a flu vaccine this year.

Is one flu vaccine recommended above others for people 65 years and older?

The CDC recommends flu vaccination as the first and most important step in protecting against the flu. The high dose vaccine – brand name Fluzone High-Dose – contains four times the amount of antigen, the inactivated virus that promotes a protective immune response, as a regular flu shot. The CDC and its Advisory Committee

the benefits of flu vaccination 2018-2019

Approximately 49% of the U.S. population chose to get a flu vaccine during the 2018-2019 flu season, and this prevented an estimated:

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on Immunization Practices, however, have not expressed a preference for any flu vaccine for people 65 and older.

Is the high-dose flu vaccine covered by Medicare?

The high-dose flu vaccine may be covered by Medicare, depending on your plan. Care First Pharmacy will have the high-dose flu vaccine available for those who request it. The cash price for a high-dose flu shot that isn't covered by Medicare or another insurance plan is \$65.

What viruses will the 2020-2021 flu vaccines protect against?

There are many different flu viruses, and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Flu vaccines protect against the three or four viruses – depending on the vaccine – that research suggests will be most common.

What is the difference between the flu and COVID-19?

The flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus called SARS-CoV-2, and the flu

Continued on page 15

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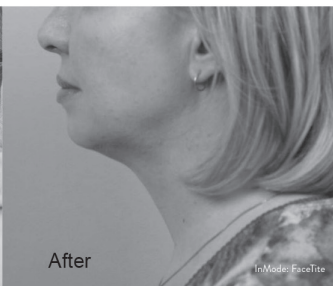
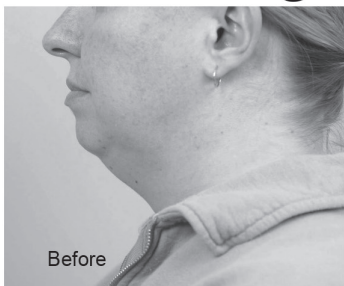
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is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. The flu and COVID-19 share many characteristics, but there are some key differences between the two.

Will there be flu and COVID-19 in the fall and winter?

While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading. In this context, getting a flu vaccine will be more important than ever.

Can I have flu and COVID-19 at the same time?

Yes. It is possible have the flu as well as other respiratory illnesses and COVID-19 at the same time. Health experts are still studying how common this can be. Some of the symptoms of the flu and COVID-19 are similar,

making it hard to tell the difference between them based on symptoms alone. Diagnostic testing can help determine if you are sick with the flu or COVID-19.

Will a flu vaccine protect me against COVID-19?

Getting a flu vaccine will not protect against COVID-19. However, the flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from the flu but also to help conserve potentially scarce health care resources.

Does a flu vaccination increase your risk of getting COVID-19?

There is no evidence that getting a flu vaccination increases your risk of getting sick from a coronavirus like the one that causes COVID-19.

(Source: Centers for Disease Control and Prevention.)

Circle Of Readers Group Meets Twice A Month On Zoom

The Center's Circle of Readers group is meeting on Zoom twice each month to spend time with others who love to read. They also discuss books that are on their reading schedule in addition to books they've read and enjoyed.

Circle of Readers is looking forward to Hillary Jordan joining the group during their Oct. 5 discussion. Jordan is the author of "Mudbound," which was the 2006 winner of Barbara Kingsolver's Bellwether Award, founded to recognize literature of social responsibility.

Mark your calendars and plan on joining Circle of

Readers on the following dates:

Oct. 5: "Mudbound" by Hillary Jordan, author visit, historical fiction; Oct. 19: Zoom to stay connected and discuss other books; Nov. 2: "Before We Were Yours," by Lisa Wingate, historical fiction; Nov. 16: "Home for the Holidays," by Sara Richardson, fiction; Dec. 7: "Before and After," by Judy Christie and Lisa Wingate, nonfiction.

If you are interested in joining the Circle of Readers group, email the group's activity leader, Dorothy Minor, at dorothyminor10@gmail.com.

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Center Offers Healthy Aging And Caregiver Virtual Classes

Learning how to take care of your health as an individual or caregiver is vital to your physical and emotional quality of life. The Oklahoma Healthy Aging Initiative is offering several virtual classes that can provide important information and tools to manage health issues.

Register for OHAI classes as soon as possible to receive additional information and class materials in the mail. Classes will be held on the Zoom virtual platform. To participate in the classes, an email address and a phone or smartphone, tablet or computer are needed. OHAI staff can assist you with getting connected.

Diabetes and Beyond

Sundays, Oct. 18 - Nov. 22, 5 p.m. to 6:30 p.m.

Instructed by Devon Murray, Northeast and Northwest Centers of Healthy Aging OHAI education director

The Diabetes and Beyond program provides comprehensive education on how to better manage diabetes. Through this interactive class, you will take control of your health by learning how to control your diabetes with proper diet, exercise and medication. This free class will be held on the Zoom platform. Please contact Ami Bucher at the Broken Arrow Senior Center to register for each class and receive connection information from OHAI - ami@baseniors.org.

Healthier Choices, Healthier You

Monday, Nov. 2 - Monday, Dec. 7, 10 a.m. to noon

Instructed by Chris Anderson, Northwest Center of Healthy Aging OHAI education specialist and Sharon Elder, Northeast Center of Healthy Aging OHAI education specialist

Healthier Choices, Healthier You is designed for individuals and caregivers who have chronic health problems. Classes help you deal with issues such as pain, fatigue and inability to sleep. Instructors share activities that will

help improve strength, exercise, endurance and safe use of medications. The presentations will cover ways to communicate effectively with family, friends and health care professionals. This free class will be held on the Zoom platform. Please contact Ami Bucher at the BA Senior Center to register for each class and receive connection information from OHAI - ami@baseniors.org.

Powerful Tools for Caregivers

Mondays - Oct. 26 - Nov. 30, 3 p.m. to 4:30 p.m.

Wednesdays - Oct. 14 - Nov. 18, 11 a.m. to 12:30 p.m.

Instructed by Chris Anderson, Northwest Center of Healthy Aging OHAI education specialist and Sharon Elder, Northeast Center of Healthy Aging OHAI education specialist

Powerful Tools for Caregivers is a class series designed to help family caregivers take better care of themselves while caring for a family member or friend. In the six weekly classes, caregivers develop a wealth of self-care tools. Learn how to reduce stressors, change negative self-talk, deal with difficult feelings and make tough caregiving decisions. Discover effective communication skills to apply in challenging situations and to communicate needs to family members and health care providers. Class participants will receive a copy of "The Caregiver Help Book," which was developed specifically for the training. This free class will be held on the Zoom platform. Please contact Ami Bucher at the Center to register for each class and receive connection information from OHAI - ami@baseniors.org.

OHAI is a program of the Donald W. Reynolds Department of Geriatric Medicine at The University of Oklahoma. The program enhances health and quality of life for older Oklahomans.



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Inactive Because Of COVID-19? This Is Your Call To Action

Older adults who don't get regular exercise are more prone to chronic diseases and more likely to fall due to weakened muscles. The BA Senior Center offers more than one way for you to be active and reach your fitness goals whether you come to the Center or decide to exercise at home.

We are all aware that COVID-19 is especially dangerous for older adults. Wearing a mask, social distancing, hand washing and avoiding crowds are what we need to do to safeguard ourselves from the virus. Have the steps you've taken to protect yourself led you to be less active?

There is no doubt that the isolation from COVID-19 and the resulting inactivity has had an impact on our entire society. Early estimates from companies that make wearable trackers such as Fitbits show a 12% step count



decline in 2020 compared to the same month in 2019.

Inactivity has the greatest impact on older adults. "Use it or lose it" is a saying that offers plenty of truth. Researchers have noted that it only takes 5 to 10 days of physical inactivity for muscles to begin shrinking and wasting away. In two weeks, seniors who walk fewer than 1,500 steps each day can lose 4% of the muscle tissue in their legs, and two weeks of inactivity can decrease muscle strength by 8%.

It's important to find strategies to move away from a sedentary lifestyle to live a longer quality life. Coming to the Center for exercise classes listed in this newsletter is one way to get moving. If you prefer to stay home, you can



still benefit from many classes that the Center offers. Get moving today to live a longer, happier life!

Tune in to the Center's Facebook page, Broken Arrow Senior Activity Center, and access the following live classes at home on the day and hour they are offered:

Mondays

Fitness for Ladies - 8:30 a.m. to 9:30 a.m.

Yin Yoga - 11 a.m. to noon

Tuesdays

Limited Exercise - 9:05 a.m. to 9:50 a.m.

Wednesdays

Fitness for Ladies - 8:30 a.m. to 9:30 a.m.

Chair Yoga - 11 a.m. to 11:45 a.m.

Thursdays

Limited Exercise - 9:05 a.m. to 9:50 a.m.

Power Yoga - Thursdays, 10 a.m. to 11 a.m.

Get moving anytime with the following online classes:

Line Dance for Fitness - www.YouTube.com • search Senior Fitness Line Dance

Chair Zumba - Broken Arrow Senior Activity Center Facebook page • search Chair Zumba

Tai Chi - Broken Arrow Senior Activity Center Facebook page • search Tai Chi



Telemedicine Offers Options During Pandemic

By Sean Simpson
BAS President/CEO

Doctors have connected medicine with technology for years and so have you. With a few clicks, you can research conditions and symptoms online. You can also have nearly anything – prescriptions, vitamins, supplements or Disney Princess Band-Aids – delivered to your door. But to see your provider, you still had to go to his or her office and sit in a germ-filled waiting room.

My mother had a hip replaced in June, and I bought a new-and-improved-knee in July. I've also been to see my doctor twice in the past seven months.

My spouse, however, has had two telemedicine visits with her general practitioner. That seemed pretty convenient. I like convenient so I wanted to learn more.

Q. What is telemedicine?

A. Telemedicine is a general term that covers all of the ways you and your doctor can use technology to communicate without being in the same room. It includes phone calls, video chats, emails and text messages.

A Testimonial To Telehealth

“I've used telemedicine during the pandemic and found it to be wonderful and so convenient. The visit with the physician was longer than an office visit, and I was so relaxed and comfortable. I take my vitals at home, so we were able to spend more time talking about my overall health and treatment options. Plus we use MyChart, so, after the visit, I still had questions and they were answered the same day. If you're curious, just ask your health care provider. You'll be glad you did.” - *Mary Kay Baird*



People also call it telehealth, digital medicine or e-health.

Q. Who uses telemedicine?

A. If your doctor offers the option, all you need to use telemedicine is reliable internet and a phone, smartphone or computer. Telemedicine is a convenient tool for everyone, but it's especially helpful if you live in a rural area or far from your doctor's office; have limited movement, time or transportation; or need medical care while you're away from home.

Q. How does telemedicine work?

A. Depending on what your doctor

offers, you can get medical services in different ways. Two of the most common are:

✘ **A patient portal** – With the security of a username and password, a patient portal lets you send and get emails from your doctor or nurse, ask for prescription refills and set up appointments. Your doctor can also share your lab or imaging test results and tell you what they mean. This is often faster than waiting to talk to them on the phone.

✘ **Virtual appointments** – Some doctors can let you have an appointment through a phone call or video conference. You can often have these meetings with mental and behavioral health professionals *Continued on page 19*

Government Increases Telemedicine Opportunities

The Centers for Medicare & Medicaid Services made telehealth opportunities more accessible during the current pandemic. Those changes were:

- ✘ Medicare pays physicians the same rate for telehealth services as they do for in-person visits for all diagnoses, not just those related to COVID-19, throughout the national public health emergency.
- ✘ Patients can be in their home or in any other setting to receive telehealth services.

- ✘ Patients do not need to have an existing relationship with the physician who is providing telehealth assistance.
- ✘ Physicians are allowed to waive or reduce cost-sharing for telehealth visits.
- ✘ Physicians who are licensed in one state are allowed to see a patient in a different state.

Source: Courtesy of the Centers for Medicare and Medicaid Services and WebMD.

and urgent care clinics as well.

Q. Is telemedicine for everyone and every condition?

A. Telemedicine can do many things, but it can't replace all doctor visits. If you have a long-term illness, you can use it to share readings like blood pressure or blood sugar levels and to talk to your doctor about them. A sore throat may need an in-person test called a throat culture. An earache could be a sign of an infection that needs a

closer look. Or you might need a shot of medication to treat your condition. Not surprisingly, you can't have surgery online. But your surgeon can use telemedicine to check how you're healing.

If you're not sure if your physician has a telemedicine option – ask.

And here's a special hint: You don't have to step on a scale and discuss your weight on a telemedicine visit.

Source: Courtesy of the Centers for Medicare and Medicaid Services and WebMD.



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